

Key stage 3

How does cycling fight climate change?



Objectives

Recap climate change and learn about where the UK's emissions come from.

Exploring how emissions can be reduced, with an emphasis on transport.

Session plan

Use the [cycling to fight climate change PowerPoint](#) to facilitate discussion around climate change and emissions. Use the conservation starter teacher prompts if required.

Pupils fill out the **cycling to fight climate change worksheet** with learnings from the group discussion. This worksheet includes writing their own climate pledge.

Extension

Pupils make a short video or a poster explaining how cycling fights climate change.

Inspired by

Sustrans School Officer.

We are aware some children experience eco-anxiety (also known as eco-distress). [This Royal College of Psychiatrists webpage](#) is for parents and carers, teachers and others who support children and young people. It explains what eco-distress is, how to recognise if a child is experiencing eco-distress, and provides suggestions to help children cope with their feelings.



Time needed

20 mins
(1 hour with extension)



Resources needed

[Cycling to fight climate change PowerPoint](#)

Large whiteboard/
smartboard/
flip chart paper

Cycling to fight climate
change pupil worksheet



Solo/Group activity

Both

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Conversation starter



Weather and climate

Pupils discuss the difference between the two terms.

Climate change

Pupils work in pairs to come up with a definition of the term climate change.

Where do our emissions come from?

Pupils create a mind map of different emission sources.

Pupils discuss where the UK's emission come from.

Tip – bunker fuel is any fuel used on board a ship.

Pupils discuss where transport emissions come from.

How can we reduce emissions?

Go back to the emission sources mind map – pupils discuss what could be done as individuals and as a group to reduce emissions.

Pupils discuss what would make the most impact.

Pupils discuss what the society/government need to do.

This machine fights climate change

Pupils discuss how switching mode of transport could reduce emissions.

My Carbon Pledge

Pupils to come up with a carbon pledge – something they can do as an individual/class/school to reduce their carbon footprint. Eg walk instead of drive, eat less meat.



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Worksheet

What is climate change?

Write your class definition here: _____

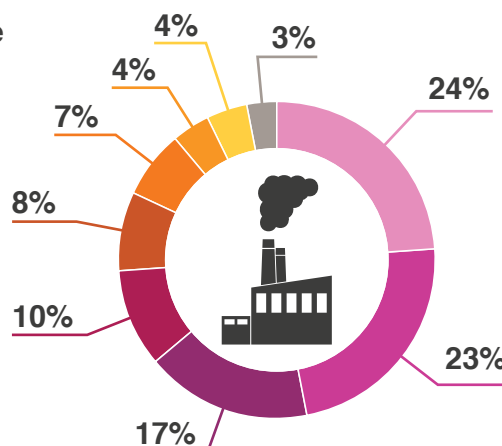
Where do UK emissions come from?

Match up the sector and the percentage.

Sector

Agriculture
Buildings
Bunker Fuels
Electricity & Heat
Fuel combustion
Industry
Manufacturing
Transport
Waste

Percentage



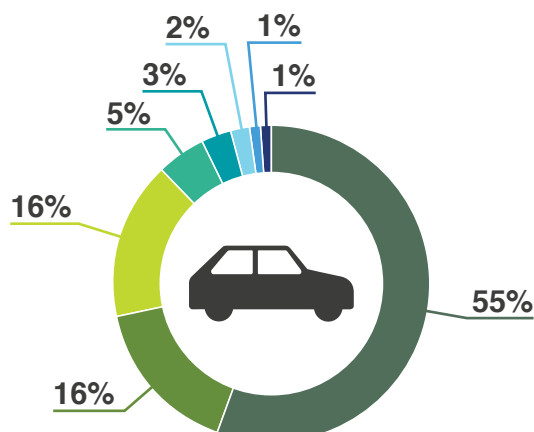
Where do our transport emissions come from?

Match up the mode and the percentage.

Mode

Aviation (domestic)
Buses/coaches
Cars/taxis
HGVs
LGVs
Rail
Shipping (domestic)
Other

Percentage



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Worksheet page 2



What can we do to reduce our emissions? _____

What are the most important things you
could do as an individual to reduce emissions? _____

My Carbon Pledge

I commit to... _____
